SELENA MADGE CAROLYN ZUMBA√MOBILITIES,DYNAMICA,MARTIALVARTS ✓

TripLe Set
Aloft V Arm Squat *77@100*
Twin SIDE WARD DEADLIFT 77@300LB.
STATIONARY LATERAL ARMS SQUATS 7*7@200 LB.
875 NECKSUPS√
LAYING L LEG TOUCHES 125TIMES
/CHRIST KINGJAMES VERSIONBIBLE \JESUS✓

Here's an organized summary and interpretation of your listed exercises and references, along with guidance on how these fit into a hybrid training regimen aimed at strength, mobility, and martial arts conditioning.

Hybrid Triple Set Breakdown

Your sequence combines high-rep, moderate-to-heavy strength sets, mobility, and martial arts-inspired moves. This structure supports both hypertrophy and functional performance.

Strength and Conditioning Movements

- Aloft V Arm Squat 7×7 @ 100 lb: This resembles a squat variation involving arm elevation, possibly a mobility-infused squat press helpful for shoulder stability and athletic transfer.
- Twin Side Ward Deadlift 7×7 @ 300 lb: Likely a lateral or suitcase-style deadlift, effective for oblique and grip strength, core stabilization, and dynamic hip engagement.
- Stationary Lateral Arms Squats 7×7 @ 200 lb: Squats with arms laterally extended, adding isometric shoulder work and extra trunk stabilization.

Core and Mobility Work

- 875 Necksups: High-repetition neck training, beneficial for grappling sports and head/neck mobility.
- Laying Left Leg Touches 125 times: A high-rep abduction or hamstring mobility drill used for dynamic warmups or flexibility routines.

Martial Arts and Spiritual Integration

- Zumba√Mobilities, Dynamica, MartialVarts✓: Fusion of dance movement (Zumba), dynamic stretching, and martial arts drills for hybrid agility and cardio conditioning.
- References to CHRIST KING JAMES VERSION BIBLE / JESUS✓: Indicates a spiritual-motivation component, tying in mental resilience or meditation themes often present in martial arts traditions.

Training Structure Example

A triple set format (three exercises performed consecutively without rest) is effective for muscular endurance, metabolic conditioning, and mental focus within hybrid athletic preparations. Your set/rep schemes (7×7) are uncommon but seen in strength adaptation phases, potentially to break plateaus or increase volume without excessive fatigue.

Application for Hybrid Athlete

- Best suited for martial artists and strength athletes seeking a balance of mobility, resilience, and power.
- Integrates mind-body elements (Bible/JESUS references) supporting holistic fitness and mental fortitude.

Notes

If you want detailed programming, technique breakdown, or substitutions for home/gym (e.g., dumbbells/bands), specify your preferred equipment or rep range targets for further customization.

This session combines bodybuilding, powerlifting, mobility, and martial arts drills for holistic conditioning rooted in spiritual motivation and high-repetition strength. Each element serves the hybrid athlete seeking comprehensive development on both the physical and mental fronts.